Calendar No. 417

108TH CONGRESS 1ST SESSION

S. 1172

To establish grants to provide health services for improved nutrition, increased physical activity, obesity prevention, and for other purposes.

IN THE SENATE OF THE UNITED STATES

June 3, 2003

Mr. Frist (for himself, Mr. Bingaman, Mr. Dodd, Mr. DeWine, Mrs. Clinton, Mr. Warner, Mrs. Murray, Mr. Lugar, Ms. Landrieu, Mr. Sessions, Mr. Alexander, Mr. Stevens, Mr. Roberts, Ms. Stabenow, Mr. Campbell, Ms. Collins, Mr. McConnell, Mr. Fitzgerald, Mr. Cochran, Ms. Mikulski, Mr. Lautenberg, Mr. Johnson, Mr. Cornyn, and Mr. Wyden) introduced the following bill; which was read twice and referred to the Committee on Health, Education, Labor and Pensions

NOVEMBER 25, 2003

Reported by Mr. GREGG, with an amendment

[Strike out all after the enacting clause and insert the part printed in italic]

A BILL

To establish grants to provide health services for improved nutrition, increased physical activity, obesity prevention, and for other purposes.

- 1 Be it enacted by the Senate and House of Representa-
- 2 tives of the United States of America in Congress assembled,

1 SECTION 1. SHORT TITLE.

- This Act may be cited as the "Improved Nutrition and Physical Activity Act" or the "IMPACT Act".
- 4 SEC. 2. FINDINGS.

- 5 Congress makes the following findings:
- 6 (1) An estimated 61 percent of adults and 13
 7 percent of children and adolescents in the Nation
 8 are overweight or obese.
 - (2) The prevalence of obesity and being overweight is increasing among all age groups. There are twice the number of overweight children and 3 times the number of overweight adolescents as there were 29 years ago.
 - (3) An estimated 300,000 deaths a year are associated with being overweight or obese.
 - (4) Obesity and being overweight are associated with an increased risk for heart disease (the leading cause of death), cancer (the second leading cause of death), diabetes (the 6th leading cause of death), and musculoskeletal disorders.
 - (5) Individuals who are obese have a 50 to 100 percent increased risk of premature death.
 - (6) The Healthy People 2010 goals identify obesity and being overweight as one of the Nation's leading health problems and include objectives of increasing the proportion of adults who are at a

- healthy weight, reducing the proportion of adults
 who are obese, and reducing the proportion of children and adolescents who are overweight or obese.
- (7) Another goal of Healthy People 2010 is to eliminate health disparities among different segments of the population. Obesity is a health problem that disproportionally impacts medically underserved populations.
 - (8) The United States Surgeon General's report
 "A Call To Action" lists the treatment and prevention of obesity as a top national priority.
 - (9) The estimated direct and indirect annual cost of obesity in the United States is \$117,000,000,000 (exceeding the cost of tobacco-related illnesses) and appears to be rising dramatically. This cost can potentially escalate markedly as obesity rates continue to rise and the medical complications of obesity are emerging at even younger ages. Therefore, the total disease burden will most likely increase, as well as the attendant health-related costs.
 - (10) Weight control programs should promote a healthy lifestyle including regular physical activity and healthy eating, as consistently discussed and identified in a variety of public and private con-

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1	sensus documents, including "A Call To Action" and
2	other documents prepared by the Department of
3	Health and Human Services and other agencies.
4	(11) Eating preferences and habits are estab-
5	lished in childhood.
6	(12) Poor eating habits are a risk factor for the
7	development of eating disorders and obesity.
8	(13) Simply urging overweight individuals to be
9	thin has not reduced the prevalence of obesity and
10	may result in other problems including body dis-
11	satisfaction, low self-esteem, and eating disorders.
12	(14) Effective interventions for promoting
13	healthy eating behaviors should promote healthy life-
14	style and not inadvertently promote unhealthy
15	weight management techniques.
16	(15) Binge Eating is associated with obesity,
17	heart disease, gall bladder disease, and diabetes.
18	(16) Anorexia Nervosa, an eating disorder from
19	which 0.5 to 3.7 percent of American women will
20	suffer in their lifetime, is associated with serious
21	health consequences including heart failure, kidney
22	failure, osteoporosis, and death. In fact, Anorexia
23	Nervosa has the highest mortality rate of all psy-

chiatric disorders, placing a young woman with Ano-

1	rexia at 18 times the risk of death of other women
2	her age.
3	(17) Anorexia Nervosa and Bulimia Nervosa
4	usually appears in adolescence.
5	(18) Bulimia Nervosa, an eating disorder from
6	which an estimated 1.1 to 4.2 percent of American
7	women will suffer in their lifetime, is associated with
8	cardiac, gastrointestinal, and dental problems, in-
9	eluding irregular heartbeats, gastric ruptures, peptic
10	ulcers, and tooth decay.
11	(19) On the 1999 Youth Risk Behavior Survey,
12	7.5 percent of high school girls reported recent use
13	of laxatives or vomiting to control their weight.
14	(20) Binge Eating Disorder is characterized by
15	frequent episodes of uncontrolled overeating, with an
16	estimated 2 to 5 percent of Americans experiencing
17	this disorder in a 6-month period.
18	(21) Eating disorders are commonly associated
19	with substantial psychological problems, including
20	depression, substance abuse, and suicide.
21	(22) Eating disorders of all types are more

common in women than men.

1 TITLE I—TRAINING GRANTS

2	SEC. 101. GRANTS TO PROVIDE TRAINING FOR HEALTH
3	PROFESSION STUDENTS.
4	Section 747(e)(3) of title VII of the Public Health
5	Service Act (42 U.S.C. 293k(e)(3)) is amended by striking
6	"and victims of domestic violence" and inserting "victims
7	of domestic violence, individuals (including children) who
8	are overweight or obese (as such terms are defined in sec-
9	tion 399W(j)) and at risk for related serious and chronic
10	medical conditions, and individuals who suffer from eating
11	disorders".
12	SEC. 102. GRANTS TO PROVIDE TRAINING FOR HEALTH
13	PROFESSIONALS.
14	Section 399Z of the Public Health Service Act (42
15	U.S.C. 280h-3) is amended—
16	(1) in subsection (b), by striking "2005" and
17	inserting "2007";
18	(2) by redesignating subsection (b) as sub-
19	section (e); and
20	(3) by inserting after subsection (a) the fol-
21	lowing:
22	"(b) Grants.—
23	"(1) In General.—The Secretary may award
24	grants to eligible entities to train primary care phy-
25	sicians and other licensed or certified health profes-

1	sionals on how to identify, treat, and prevent obesity
2	or eating disorders and aid individuals who are over-
3	weight, obese, or who suffer from eating disorders.
4	"(2) APPLICATION.—An entity that desires a
5	grant under this subsection shall submit an applica-
6	tion at such time, in such manner, and containing
7	such information as the Secretary may require, in-
8	cluding a plan for the use of funds that may be
9	awarded and an evaluation of the training that will
10	be provided.
11	"(3) USE OF FUNDS.—An entity that receives
12	a grant under this subsection shall use the funds
13	made available through such grant to—
14	"(A) use evidence-based findings or rec-
15	ommendations that pertain to the prevention
16	and treatment of obesity, being overweight, and
17	eating disorders to conduct educational con-
18	ferences, including Internet-based courses and
19	teleconferences, on—
20	"(i) how to treat or prevent obesity,
21	being overweight, and eating disorders;
22	"(ii) the link between obesity and
23	being overweight and related serious and
24	chronic medical conditions;

1	"(iii) how to discuss varied strategies
2	with patients from at-risk and diverse pop-
3	ulations to promote positive behavior
4	change and healthy lifestyles to avoid obe-
5	sity, being overweight, and eating dis-
6	orders;
7	"(iv) how to identify overweight and
8	obese patients and those who are at risk
9	for obesity and being overweight or suffer
10	from eating disorders and, therefore, at
11	risk for related serious and chronic medical
12	conditions; and
13	"(v) how to conduct a comprehensive
14	assessment of individual and familial
15	health risk factors; and
16	"(B) evaluate the effectiveness of the
17	training provided by such entity in increasing
18	knowledge and changing attitudes and behav-
19	iors of trainees.".

1	TITLE H—COMMUNITY-BASED
2	SOLUTIONS TO INCREASE
3	PHYSICAL ACTIVITY AND IM-
4	PROVE NUTRITION
5	SEC. 201. GRANTS TO INCREASE PHYSICAL ACTIVITY AND
6	IMPROVE NUTRITION.
7	Part Q of title III of the Public Health Service Act
8	(42 U.S.C. 280h et seq.) is amended by striking section
9	399W and inserting the following:
10	"SEC. 399W. GRANTS TO INCREASE PHYSICAL ACTIVITY
11	AND IMPROVE NUTRITION.
12	"(a) Establishment.
13	"(1) In GENERAL.—The Secretary, acting
14	through the Director of the Centers for Disease
15	Control and Prevention and in coordination with the
16	Administrator of the Health Resources and Services
17	Administration, the Director of the Indian Health
18	Service, the Secretary of Education, the Secretary of
19	Agriculture, the Secretary of the Interior, the Direc-
20	tor of the National Institutes of Health, the Director
21	of the Office of Women's Health, and the heads of
22	other appropriate agencies, shall award competitive
23	grants to eligible entities to plan and implement pro-
24	grams that promote healthy eating behaviors and

physical activity to prevent eating disorders, obesity,

1	being overweight, and related serious and chronic
2	medical conditions. Such grants may be awarded to
3	target at-risk populations including youth, adoles-
4	cent girls, racial and ethnic minorities, and the un-
5	derserved.
6	"(2) Term.—The Secretary shall award grants
7	under this subsection for a period not to exceed 4
8	years.
9	"(b) AWARD OF GRANTS.—An eligible entity desiring
10	a grant under this section shall submit an application to
11	the Secretary at such time, in such manner, and con-
12	taining such information as the Secretary may require, in-
13	cluding
14	"(1) a plan describing a comprehensive pro-
15	gram of approaches to encourage healthy eating be-
16	haviors and healthy levels of physical activity;
17	"(2) the manner in which the eligible entity will
18	coordinate with appropriate State and local authori-
19	ties, including—
20	"(A) State and local educational agencies;
21	"(B) departments of health;
22	"(C) chronic disease directors;
23	"(D) State directors of programs under
24	section 17 of the Child Nutrition Act of 1966
25	(42 U.S.C. 1786);

1	"(E) 5-a-day coordinators;
2	"(F) governors' councils for physical activ-
3	ity and good nutrition; and
4	"(G) State and local parks and recreation
5	departments; and
6	"(3) the manner in which the applicant will
7	evaluate the effectiveness of the program carried out
8	under this section.
9	"(c) Coordination.—In awarding grants under this
10	section, the Secretary shall ensure that the proposed pro-
11	grams are coordinated in substance and format with pro-
12	grams currently funded through other Federal agencies
13	and operating within the community including the Phys-
14	ical Education Program (PEP) of the Department of Edu-
15	eation.
16	"(d) ELIGIBLE ENTITY.—In this section, the term
17	'eligible entity' means—
18	"(1) a city, county, tribe, territory, or State;
19	"(2) a State educational agency;
20	"(3) a tribal educational agency;
21	"(4) a local educational agency;
22	"(5) a federally qualified health center (as de-
23	fined in section 1861(aa)(4) of the Social Security
24	Act (42 U.S.C. 1395x(aa)(4));
25	"(6) a rural health clinic:

1	"(7) a health department;
2	"(8) an Indian Health Service hospital or elinie;
3	"(9) an Indian tribal health facility;
4	"(10) an urban Indian facility;
5	"(11) any health care service provider;
6	"(12) an accredited university or college; or
7	"(13) any other entity determined appropriate
8	by the Secretary.
9	"(e) USE OF FUNDS.—An eligible entity that receives
10	a grant under this section shall use the funds made avail-
11	able through the grant to—
12	"(1) carry out community-based activities in-
13	cluding—
14	"(A) planning and implementing environ-
15	mental changes that promote physical activity;
16	"(B) forming partnerships and activities
17	with businesses and other entities to increase
18	physical activity levels and promote healthy eat-
19	ing behaviors at the workplace and while trav-
20	eling to and from the workplace;
21	"(C) forming partnerships with entities, in-
22	cluding schools, faith-based entities, and other
23	facilities providing recreational services, to es-
24	tablish programs that use their facilities for
25	after school and weekend community activities;

1	"(D) establishing incentives for retail food
2	stores, farmer's markets, food coops, grocery
3	stores, and other retail food outlets that offer
4	nutritious foods to encourage such stores and
5	outlets to locate in economically depressed
6	areas;
7	"(E) forming partnerships with senior cen-
8	ters and nursing homes to establish programs
9	for older people to foster physical activity and
10	healthy eating behaviors;
11	"(F) forming partnerships with day care
12	facilities to establish programs that promote
13	healthy eating behaviors and physical activity
14	and
15	"(G) providing community educational ac-
16	tivities targeting good nutrition;
17	"(2) carry out age-appropriate school-based ac-
18	tivities including—
19	"(A) developing and testing educational
20	curricula and intervention programs designed to
21	promote healthy eating behaviors and habits in
22	youth, which may include—
23	"(i) after hours physical activity pro-
24	grams;

1	"(ii) increasing opportunities for stu-
2	dents to make informed choices regarding
3	healthy eating behaviors; and
4	"(iii) science-based interventions with
5	multiple components to prevent eating dis-
6	orders including nutritional content, under-
7	standing and responding to hunger and sa-
8	tiety, positive body image development,
9	positive self-esteem development, and
10	learning life skills (such as stress manage-
11	ment, communication skills, problem-solv-
12	ing and decisionmaking skills), as well as
13	consideration of cultural and develop-
14	mental issues, and the role of family,
15	school, and community;
16	"(B) providing education and training to
17	educational professionals regarding a healthy
18	lifestyle and a healthy school environment;
19	"(C) planning and implementing a healthy
20	lifestyle curriculum or program with an empha-
21	sis on healthy eating behaviors and physical ac-
22	tivity; and
23	"(D) planning and implementing healthy
24	lifestyle classes or programs for parents or

1	guardians, with an emphasis on healthy eating
2	behaviors and physical activity;
3	"(3) carry out activities through the local
4	health care delivery systems including—
5	"(A) promoting healthy eating behaviors
6	and physical activity services to treat or prevent
7	eating disorders, being overweight, and obesity;
8	"(B) providing patient education and coun-
9	seling to increase physical activity and promote
10	healthy eating behaviors; and
11	"(C) providing community education on
12	good nutrition and physical activity to develop
13	a better understanding of the relationship be-
14	tween diet, physical activity, and eating dis-
15	orders, obesity, or being overweight; or
16	"(4) other activities determined appropriate by
17	the Secretary.
18	"(f) MATCHING FUNDS.—In awarding grants under
19	subsection (a), the Secretary may give priority to eligible
20	entities who provide matching contributions. Such non-
21	Federal contributions may be eash or in kind, fairly evalu-
22	ated, including plant, equipment, or services.
23	"(g) Technical Assistance.—The Secretary may
24	set aside an amount not to exceed 10 percent of the total
25	amount appropriated for a fiscal year under subsection (k)

- 1 to permit the Director of the Centers for Disease Control
- 2 and Prevention to provide grantees with technical support
- 3 in the development, implementation, and evaluation of
- 4 programs under this section and to disseminate informa-
- 5 tion about effective strategies and interventions in pre-
- 6 venting and treating obesity and eating disorders through
- 7 the promotion of healthy eating behaviors and physical ac-
- 8 tivity.
- 9 "(h) Limitation on Administrative Costs.—An
- 10 eligible entity awarded a grant under this section may not
- 11 use more than 10 percent of funds awarded under such
- 12 grant for administrative expenses.
- 13 "(i) REPORT.—Not later than 6 years after the date
- 14 of enactment of the Improved Nutrition and Physical Ac-
- 15 tivity Act, the Director of the Centers for Disease Control
- 16 and Prevention shall review the results of the grants
- 17 awarded under this section and other related research and
- 18 identify programs that have demonstrated effectiveness in
- 19 healthy eating behaviors and physical activity in youth.
- 20 "(j) DEFINITIONS.—In this section:
- 21 "(1) Anorexia Nervosa.—The term 'Anorexia
- 22 Nervosa' means an eating disorder characterized by
- 23 self-starvation and excessive weight loss.

1	"(2) BINGE EATING DISORDER.—The term
2	'binge eating disorder' means a disorder character-
3	ized by frequent episodes of uncontrolled eating.
4	"(3) Bulimia Nervosa.—The term 'Bulimia
5	Nervosa' means an eating disorder characterized by
6	excessive food consumption, followed by inappro-
7	priate compensatory behaviors, such as self-induced
8	vomiting, misuse of laxatives, fasting, or excessive
9	exercise.
10	"(4) Eating disorders.—The term 'eating
11	disorders' means disorders of eating, including Ano-
12	rexia Nervosa, Bulimia Nervosa, and binge eating
13	disorder.
14	"(5) HEALTHY EATING BEHAVIORS.—The term
15	'healthy eating behaviors' means—
16	"(A) eating in quantities adequate to meet,
17	but not in excess of, daily energy needs;
18	"(B) choosing foods to promote health and
19	prevent disease;
20	"(C) eating comfortably in social environ-
21	ments that promote healthy relationships with
22	family, peers, and community; and
23	"(D) eating in a manner to acknowledge
24	internal signals of hunger and satiety.

1 "(6) Obese.—The term 'obese' means an adult 2 with a Body Mass Index (BMI) of 30 kg/m² or 3 greater. OVERWEIGHT.—The term 'overweight' 4 5 means an adult with a Body Mass Index (BMI) of 6 25 to 29.9 kg/m² and a child or adolescent with a 7 BMI at or above the 95th percentile on the revised 8 Centers for Disease Control and Prevention growth 9 charts or another appropriate childhood definition, 10 as defined by the Secretary. 11 "(8) Youth.—The term 'youth' means individ-12 uals not more than 18 years old. 13 "(k) AUTHORIZATION OF APPROPRIATIONS.—There 14 are authorized to be appropriated to earry out this section, 15 \$60,000,000 for fiscal year 2004 and such sums as may be necessary for each of fiscal years 2005 through 2008. Of the funds appropriated pursuant to this subsection, the following amounts shall be set aside for activities related 19 to eating disorders: 20 "(1) \$5,000,000 for fiscal year 2004. 21 "(2) \$5,500,000 for fiscal year 2005. 22 "(3) \$6,000,000 for fiscal year 2006. "(4) \$6,500,000 for fiscal year 2007. 23 24 "(5) \$1,000,000 for fiscal year 2008."

1	SEC. 202.	NATIONAL	CENTER	FOR	HEALTH	STATISTICS

- 2 Section 306 of the Public Health Service Act (42)
- 3 U.S.C. 242k) is amended by striking subsection (n) and
- 4 inserting the following:
- 5 "(n)(1) The Secretary, acting through the Center,
- 6 may provide for the—
- 7 "(A) collection of data for determining the fit-
- 8 ness levels and energy expenditure of children and
- 9 youth; and
- 10 "(B) analysis of data collected as part of the
- 11 National Health and Nutrition Examination Survey
- 12 and other data sources.
- 13 "(2) In earrying out paragraph (1), the Secretary,
- 14 acting through the Center, may make grants to States,
- 15 public entities, and nonprofit entities.
- 16 "(3) The Secretary, acting through the Center, may
- 17 provide technical assistance, standards, and methodologies
- 18 to grantees supported by this subsection in order to maxi-
- 19 mize the data quality and comparability with other stud-
- 20 ies.".
- 21 SEC. 203. STUDY OF THE FOOD SUPPLEMENT AND NUTRI-
- 22 TION PROGRAMS OF THE DEPARTMENT OF
- 23 AGRICULTURE.
- 24 (a) In General.—The Secretary of Agriculture shall
- 25 request that the Institute of Medicine conduct, or contract
- 26 with another entity to conduct, a study on the food and

1	nutrition assistance programs run by the Department of
2	Agriculture.
3	(b) Content.—Such study shall—
4	(1) investigate whether the nutrition programs
5	and nutrition recommendations are based on the lat-
6	est scientific evidence;
7	(2) investigate whether the food assistance pro-
8	grams contribute to either preventing or enhancing
9	obesity and being overweight in children, adoles-
10	cents, and adults;
11	(3) investigate whether the food assistance pro-
12	grams can be improved or altered to contribute to
13	the prevention of obesity and becoming overweight;
14	and
15	(4) identify obstacles that prevent or hinder the
16	programs from achieving their objectives.
17	(e) REPORT.—Not later than 2 years after the date
18	of enactment of this Act, the Secretary of Agriculture shall
19	submit to the appropriate committees of Congress a report
20	containing the results of the Institute of Medicine study
21	authorized under this section.
22	(d) Authorization of Appropriations.—There is
23	authorized to be appropriated to earry out this section
24	\$750,000 for fiscal years 2003 and 2004.

SEC. 204. HEALTH DISPARITIES REPORT.

- 2 Not later than 18 months after the date of enactment
- 3 of this Act, and annually thereafter, the Director of the
- 4 Agency for Healthcare Research and Quality shall review
- 5 all research that results from the activities outlined in this
- 6 Act and determine if particular information may be impor-
- 7 tant to the report on health disparities required by section
- 8 903(e)(3) of the Public Health Service Act (42 U.S.C.
- 9 299a-1(e)(3).

10 SEC. 205. PREVENTIVE HEALTH SERVICES BLOCK GRANT.

- 11 Section 1904(a)(1) of the Public Health Service Act
- 12 (42 U.S.C. 300w-3(a)(1)) is amended by adding at the
- 13 end the following:
- 14 "(H) Activities and community education pro-
- 15 grams designed to address and prevent overweight,
- 16 obesity, and eating disorders through effective pro-
- 17 grams to promote healthy eating, and exercise habits
- 18 and behaviors."

19 SEC. 206. REPORT ON OBESITY RESEARCH.

- 20 (a) In General.—Not later than 1 year after the
- 21 date of enactment of this Act, the Secretary of Health and
- 22 Human Services shall submit to the Committee on Health,
- 23 Education, Labor, and Pensions of the Senate and the
- 24 Committee on Energy and Commerce of the House of
- 25 Representatives a report on research conducted on causes
- 26 and health implications of obesity and being overweight.

1	(b) Content.—The report described in subsection
2	(a) shall contain—
3	(1) descriptions on the status of relevant, eur-
4	rent, ongoing research being conducted in the De-
5	partment of Health and Human Services including
6	research at the National Institutes of Health, the
7	Centers for Disease Control and Prevention, the
8	Agency for Healthcare Research and Quality, the
9	Health Resources and Services Administration, and
10	other offices and agencies;
11	(2) information about what these studies have
12	shown regarding the causes of, prevention of, and
13	treatment of, overweight and obesity; and
14	(3) recommendations on further research that
15	is needed, including research among diverse popu-
16	lations, the department's plan for conducting such
17	research, and how current knowledge can be dissemi-
18	nated.
19	SEC. 207. REPORT ON A NATIONAL CAMPAIGN TO CHANGE
20	CHILDREN'S HEALTH BEHAVIORS AND RE-
21	DUCE OBESITY.
22	Section 399Y of the Public Health Service Act (42
23	U.S.C. 280h–2) is amended—
24	(1) by redesignating subsection (b) as sub-
25	section (c); and

1	(2) by inserting after subsection (a) the fol-
2	lowing:
3	"(b) REPORT.—The Secretary shall evaluate the ef-
4	fectiveness of the campaign described in subsection (a) in
5	changing children's behaviors and reducing obesity and
6	shall report such results to the Committee on Health,
7	Education, Labor, and Pensions of the Senate and the
8	Committee on Energy and Commerce of the House of
9	Representatives.".
10	SECTION 1. SHORT TITLE.
11	This Act may be cited as the "Improved Nutrition and
12	Physical Activity Act" or the "IMPACT Act".
13	SEC. 2. FINDINGS.
14	Congress makes the following findings:
15	(1) An estimated 61 percent of adults and 13
16	percent of children and adolescents in the Nation are
17	overweight or obese.
18	(2) The prevalence of obesity and being over-
19	weight is increasing among all age groups. There are
20	twice the number of overweight children and 3 times
21	the number of overweight adolescents as there were 29
22	years ago.
23	(3) An estimated 300,000 deaths a year are asso-
24	

- 1 (4) Obesity and being overweight are associated 2 with an increased risk for heart disease (the leading 3 cause of death), cancer (the second leading cause of 4 death), diabetes (the 6th leading cause of death), and 5 musculoskeletal disorders.
 - (5) Individuals who are obese have a 50 to 100 percent increased risk of premature death.
 - (6) The Healthy People 2010 goals identify obesity and being overweight as one of the Nation's leading health problems and include objectives of increasing the proportion of adults who are at a healthy weight, reducing the proportion of adults who are obese, and reducing the proportion of children and adolescents who are overweight or obese.
 - (7) Another goal of Healthy People 2010 is to eliminate health disparities among different segments of the population. Obesity is a health problem that disproportionally impacts medically underserved populations.
 - (8) The United States Surgeon General's report "A Call To Action" lists the treatment and prevention of obesity as a top national priority.
 - (9) The estimated direct and indirect annual cost of obesity in the United States is \$117,000,000,000 (exceeding the cost of tobacco-related

- illnesses) and appears to be rising dramatically. This cost can potentially escalate markedly as obesity rates continue to rise and the medical complications of obesity are emerging at even younger ages. Therefore, the total disease burden will most likely increase, as well as the attendant health-related costs.
 - (10) Weight control programs should promote a healthy lifestyle including regular physical activity and healthy eating, as consistently discussed and identified in a variety of public and private consensus documents, including "A Call To Action" and other documents prepared by the Department of Health and Human Services and other agencies.
 - (11) Eating preferences and habits are established in childhood.
 - (12) Poor eating habits are a risk factor for the development of eating disorders and obesity.
 - (13) Simply urging overweight individuals to be thin has not reduced the prevalence of obesity and may result in other problems including body dissatisfaction, low self-esteem, and eating disorders.
 - (14) Effective interventions for promoting healthy eating behaviors should promote healthy lifestyle and not inadvertently promote unhealthy weight management techniques.

- (15) Binge Eating is associated with obesity,
 heart disease, gall bladder disease, and diabetes.
- 3 (16) Anorexia Nervosa, an eating disorder from 4 which 0.5 to 3.7 percent of American women will suf-5 fer in their lifetime, is associated with serious health 6 consequences including heart failure, kidney failure, 7 osteoporosis, and death. In fact, Anorexia Nervosa has 8 the highest mortality rate of all psychiatric disorders, 9 placing a young woman with Anorexia Nervosa at 18 10 times the risk of death of other women her age.
 - (17) Anorexia Nervosa and Bulimia Nervosa usually appears in adolescence.
 - (18) Bulimia Nervosa, an eating disorder from which an estimated 1.1 to 4.2 percent of American women will suffer in their lifetime, is associated with cardiac, gastrointestinal, and dental problems, including irregular heartbeats, gastric ruptures, peptic ulcers, and tooth decay.
 - (19) On the 1999 Youth Risk Behavior Survey, 7.5 percent of high school girls reported recent use of laxatives or vomiting to control their weight.
 - (20) Binge Eating Disorder is characterized by frequent episodes of uncontrolled overeating, with an estimated 2 to 5 percent of Americans experiencing this disorder in a 6-month period.

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1	(21) Eating disorders are commonly associated
2	with substantial psychological problems, including de-
3	pression, substance abuse, and suicide.
4	(22) Eating disorders of all types are more com-
5	mon in women than men.
6	TITLE I—TRAINING GRANTS
7	SEC. 101. GRANTS TO PROVIDE TRAINING FOR HEALTH
8	PROFESSION STUDENTS.
9	Section 747(c)(3) of title VII of the Public Health
10	Service Act (42 U.S.C. 293k(c)(3)) is amended by striking
11	"and victims of domestic violence" and inserting "victims
12	of domestic violence, individuals (including children) who
13	are overweight or obese (as such terms are defined in section
14	399W(j)) and at risk for related serious and chronic medical
15	conditions, and individuals who suffer from eating dis-
16	orders".
17	SEC. 102. GRANTS TO PROVIDE TRAINING FOR HEALTH
18	PROFESSIONALS.
19	Section 399 Z of the Public Health Service Act (42
20	U.S.C. 280h-3) is amended—
21	(1) in subsection (b), by striking "2005" and in-
22	serting "2007";
23	(2) by redesignating subsection (b) as subsection
24	(c): and

1	(3) by inserting after subsection (a) the fol-
2	lowing:
3	"(b) Grants.—
4	"(1) In general.—The Secretary may award
5	grants to eligible entities to train primary care physi-
6	cians and other licensed or certified health profes-
7	sionals on how to identify, treat, and prevent obesity
8	or eating disorders and aid individuals who are over-
9	weight, obese, or who suffer from eating disorders.
10	"(2) APPLICATION.—An entity that desires a
11	grant under this subsection shall submit an applica-
12	tion at such time, in such manner, and containing
13	such information as the Secretary may require, in-
14	cluding a plan for the use of funds that may be
15	awarded and an evaluation of the training that will
16	$be\ provided.$
17	"(3) Use of funds.—An entity that receives a
18	grant under this subsection shall use the funds made
19	available through such grant to—
20	"(A) use evidence-based findings or rec-
21	ommendations that pertain to the prevention
22	and treatment of obesity, being overweight, and
23	eating disorders to conduct educational con-
24	ferences, including Internet-based courses and
25	teleconferences, on—

1	"(i) how to treat or prevent obesity,
2	being overweight, and eating disorders;
3	"(ii) the link between obesity and being
4	overweight and related serious and chronic
5	$medical\ conditions;$
6	"(iii) how to discuss varied strategies
7	with patients from at-risk and diverse pop-
8	ulations to promote positive behavior
9	change and healthy lifestyles to avoid obe-
10	sity, being overweight, and eating disorders;
11	"(iv) how to identify overweight and
12	obese patients and those who are at risk for
13	obesity and being overweight or suffer from
14	eating disorders and, therefore, at risk for
15	related serious and chronic medical condi-
16	tions;
17	"(v) how to conduct a comprehensive
18	assessment of individual and familial health
19	risk factors; and
20	"(B) evaluate the effectiveness of the train-
21	ing provided by such entity in increasing knowl-
22	edge and changing attitudes and behaviors of
23	trainees.".

1	TITLE II—COMMUNITY-BASED
2	SOLUTIONS TO INCREASE
3	PHYSICAL ACTIVITY AND IM-
4	PROVE NUTRITION
5	SEC. 201. GRANTS TO INCREASE PHYSICAL ACTIVITY AND
6	IMPROVE NUTRITION.
7	Part Q of title III of the Public Health Service Act
8	(42 U.S.C. 280h et seq.) is amended by striking section
9	399W and inserting the following:
10	"SEC. 399W. GRANTS TO INCREASE PHYSICAL ACTIVITY AND
11	IMPROVE NUTRITION.
12	"(a) Establishment.—
13	"(1) In General.—The Secretary, acting
14	through the Director of the Centers for Disease Con-
15	trol and Prevention and in coordination with the Ad-
16	ministrator of the Health Resources and Services Ad-
17	ministration, the Director of the Indian Health Serv-
18	ice, the Secretary of Education, the Secretary of Agri-
19	culture, the Secretary of the Interior, the Director of
20	the National Institutes of Health, the Director of the
21	Office of Women's Health, and the heads of other ap-
22	propriate agencies, shall award competitive grants to
23	eligible entities to plan and implement programs that
24	promote healthy eating behaviors and physical activ-
25	ity to prevent eating disorders, obesity, being over-

1	weight, and related serious and chronic medical con-
2	ditions. Such grants may be awarded to target at-risk
3	populations including youth, adolescent girls, health
4	disparity populations (as defined in section $485E(d)$),
5	and the underserved.
6	"(2) Term.—The Secretary shall award grants
7	under this subsection for a period not to exceed 4
8	years.
9	"(b) AWARD OF GRANTS.—An eligible entity desiring
10	a grant under this section shall submit an application to
11	the Secretary at such time, in such manner, and containing
12	such information as the Secretary may require, including—
13	"(1) a plan describing a comprehensive program
14	of approaches to encourage healthy eating behaviors
15	and healthy levels of physical activity;
16	"(2) the manner in which the eligible entity will
17	coordinate with appropriate State and local authori-
18	ties, including—
19	"(A) State and local educational agencies;
20	"(B) departments of health;
21	"(C) chronic disease directors;
22	"(D) State directors of programs under sec-
23	tion 17 of the Child Nutrition Act of 1966 (42
24	U.S.C. 1786);
25	"(E) 5-a-day coordinators:

1	"(F) Governors' councils for physical activ-
2	ity and good nutrition;
3	"(G) State and local parks and recreation
4	departments; and
5	"(H) State and local departments of trans-
6	portation and city planning; and
7	"(3) the manner in which the applicant will
8	evaluate the effectiveness of the program carried out
9	under this section.
10	"(c) Coordination.—In awarding grants under this
11	section, the Secretary shall ensure that the proposed pro-
12	grams are coordinated in substance and format with pro-
13	grams currently funded through other Federal agencies and
14	operating within the community including the Physical
15	Education Program (PEP) of the Department of Edu-
16	cation.
17	"(d) Eligible Entity.—In this section, the term 'eli-
18	gible entity' means—
19	"(1) a city, county, tribe, territory, or State;
20	"(2) a State educational agency;
21	"(3) a tribal educational agency;
22	"(4) a local educational agency;
23	"(5) a federally qualified health center (as de-
24	fined in section 1861(aa)(4) of the Social Security
25	Act (42 U.S.C. 1395x(aa)(4)):

1	"(6) a rural health clinic;
2	"(7) a health department;
3	"(8) an Indian Health Service hospital or clinic,
4	"(9) an Indian tribal health facility;
5	"(10) an urban Indian facility;
6	"(11) any health provider;
7	"(12) an accredited university or college;
8	"(13) a community-based organization;
9	"(14) a local city planning agency; or
10	"(15) any other entity determined appropriate
11	by the Secretary.
12	"(e) USE OF FUNDS.—An eligible entity that receives
13	a grant under this section shall use the funds made avail-
14	able through the grant to—
15	"(1) carry out community-based activities in-
16	cluding—
17	"(A) city planning, transportation initia-
18	tives, and environmental changes that help pro-
19	mote physical activity, such as increasing the
20	use of walking or bicycling as a mode of trans-
21	portation;
22	"(B) forming partnerships and activities
23	with businesses and other entities to increase
24	physical activity levels and promote healthy eat-

1	ing behaviors at the workplace and while trav-
2	eling to and from the workplace;
3	"(C) forming partnerships with entities, in-
4	cluding schools, faith-based entities, and other fa-
5	cilities providing recreational services, to estab-
6	lish programs that use their facilities for after
7	school and weekend community activities;
8	"(D) establishing incentives for retail food
9	stores, farmer's markets, food co-ops, grocery
10	stores, and other retail food outlets that offer nu-
11	tritious foods to encourage such stores and outlets
12	to locate in economically depressed areas;
13	"(E) forming partnerships with senior cen-
14	ters and nursing homes to establish programs for
15	older people to foster physical activity and
16	healthy eating behaviors;
17	"(F) forming partnerships with daycare fa-
18	cilities to establish programs that promote
19	healthy eating behaviors and physical activity;
20	and
21	"(G) providing community educational ac-
22	tivities targeting good nutrition;
23	"(2) carry out age-appropriate school-based ac-
24	tivities including—

1	"(A) developing and testing educational
2	curricula and intervention programs designed to
3	promote healthy eating behaviors and habits in
4	youth, which may include—
5	"(i) after hours physical activity pro-
6	grams;
7	"(ii) increasing opportunities for stu-
8	dents to make informed choices regarding
9	healthy eating behaviors; and
10	"(iii) science-based interventions with
11	multiple components to prevent eating dis-
12	orders including nutritional content, under-
13	standing and responding to hunger and sa-
14	tiety, positive body image development,
15	positive self-esteem development, and learn-
16	ing life skills (such as stress management,
17	communication skills, problem-solving and
18	decisionmaking skills), as well as consider-
19	ation of cultural and developmental issues,
20	and the role of family, school, and commu-
21	nity;
22	"(B) providing education and training to
23	educational professionals regarding a healthy
24	lifestyle and a healthy school environment;

1	"(C) planning and implementing a healthy
2	lifestyle curriculum or program with an empha-
3	sis on healthy eating behaviors and physical ac-
4	tivity; and
5	"(D) planning and implementing healthy
6	lifestyle classes or programs for parents or
7	guardians, with an emphasis on healthy eating
8	behaviors and physical activity;
9	"(3) carry out activities through the local health
10	care delivery systems including—
11	"(A) promoting healthy eating behaviors
12	and physical activity services to treat or prevent
13	eating disorders, being overweight, and obesity;
14	"(B) providing patient education and coun-
15	seling to increase physical activity and promote
16	healthy eating behaviors; and
17	"(C) providing community education on
18	good nutrition and physical activity to develop
19	a better understanding of the relationship be-
20	tween diet, physical activity, and eating dis-
21	orders, obesity, or being overweight; or
22	"(4) other activities determined appropriate by
23	the Secretary.
24	"(f) Matching Funds.—In awarding grants under
25	subsection (a), the Secretary may give priority to eligible

- 1 entities who provide matching contributions. Such non-Fed-
- 2 eral contributions may be cash or in kind, fairly evaluated,
- 3 including plant, equipment, or services.
- 4 "(g) Technical Assistance.—The Secretary may set
- 5 aside an amount not to exceed 10 percent of the total
- 6 amount appropriated for a fiscal year under subsection (k)
- 7 to permit the Director of the Centers for Disease Control
- 8 and Prevention to provide grantees with technical support
- 9 in the development, implementation, and evaluation of pro-
- 10 grams under this section and to disseminate information
- 11 about effective strategies and interventions in preventing
- 12 and treating obesity and eating disorders through the pro-
- 13 motion of healthy eating behaviors and physical activity.
- 14 "(h) Limitation on Administrative Costs.—An eli-
- 15 gible entity awarded a grant under this section may not
- 16 use more than 10 percent of funds awarded under such
- 17 grant for administrative expenses.
- 18 "(i) Report.—Not later than 6 years after the date
- 19 of enactment of the Improved Nutrition and Physical Activ-
- 20 ity Act, the Director of the Centers for Disease Control and
- 21 Prevention shall review the results of the grants awarded
- 22 under this section and other related research and identify
- 23 programs that have demonstrated effectiveness in healthy
- 24 eating behaviors and physical activity in youth.
- 25 "(j) Definitions.—In this section:

1	"(1) Anorexia nervosa.—The term 'Anorexia
2	Nervosa' means an eating disorder characterized by
3	self-starvation and excessive weight loss.
4	"(2) Binge eating disorder.—The term binge
5	eating disorder' means a disorder characterized by
6	frequent episodes of uncontrolled eating.
7	"(3) Bulimia nervosa.—The term Bulimia
8	Nervosa' means an eating disorder characterized by
9	excessive food consumption, followed by inappropriate
10	compensatory behaviors, such as self-induced vom-
11	iting, misuse of laxatives, fasting, or excessive exer-
12	cise.
13	"(4) Eating disorders.—The term 'eating dis-
14	orders' means disorders of eating, including Anorexia
15	Nervosa, Bulimia Nervosa, and binge eating disorder.
16	"(5) Healthy eating behaviors.—The term
17	'healthy eating behaviors' means—
18	"(A) eating in quantities adequate to meet,
19	but not in excess of, daily energy needs;
20	"(B) choosing foods to promote health and
21	prevent disease;
22	"(C) eating comfortably in social environ-
23	ments that promote healthy relationships with
24	family, peers, and community; and

1	"(D) eating in a manner to acknowledge in-
2	ternal signals of hunger and satiety.
3	"(6) Obese.—The term 'obese' means an adult
4	with a Body Mass Index (BMI) of 30 kg/m2 or great-
5	er.
6	"(7) Overweight.—The term 'overweight'
7	means an adult with a Body Mass Index (BMI) of 25
8	to 29.9 kg/m2 and a child or adolescent with a BMI
9	at or above the 95th percentile on the revised Centers
10	for Disease Control and Prevention growth charts or
11	another appropriate childhood definition, as defined
12	by the Secretary.
13	"(8) Youth.—The term 'youth' means individ-
14	uals not more than 18 years old.
15	"(k) AUTHORIZATION OF APPROPRIATIONS.—There
16	are authorized to be appropriated to carry out this section,
17	\$60,000,000 for fiscal year 2004 and such sums as may be
18	necessary for each of fiscal years 2005 through 2008. Of
19	the funds appropriated pursuant to this subsection, the fol-
20	lowing amounts shall be set aside for activities related to
21	eating disorders:
22	"(1) \$5,000,000 for fiscal year 2004.
23	"(2) \$5,500,000 for fiscal year 2005.
24	"(3) \$6,000,000 for fiscal year 2006.
25	"(4) \$6,500,000 for fiscal year 2007.

1	"(5) \$1,000,000 for fiscal year 2008.".
2	SEC. 202. NATIONAL CENTER FOR HEALTH STATISTICS.
3	Section 306 of the Public Health Service Act (42
4	U.S.C. 242k) is amended—
5	(1) in subsection $(m)(4)(B)$, by striking "sub-
6	section (n)" each place it appears and inserting "sub-
7	section (o)";
8	(2) by redesignating subsection (n) as subsection
9	(o); and
10	(3) by inserting after subsection (m) the fol-
11	lowing:
12	"(n)(1) The Secretary, acting through the Center, may
13	provide for the—
14	"(A) collection of data for determining the fitness
15	levels and energy expenditure of children and youth;
16	and
17	"(B) analysis of data collected as part of the Na-
18	tional Health and Nutrition Examination Survey
19	and other data sources.
20	"(2) In carrying out paragraph (1), the Secretary, act-
21	ing through the Center, may make grants to States, public
22	entities, and nonprofit entities.
23	"(3) The Secretary, acting through the Center, may
24	provide technical assistance, standards, and methodologies
25	to grantees supported by this subsection in order to maxi-

- 1 mize the data quality and comparability with other stud-
- 2 *ies.*".

3 SEC. 203. HEALTH DISPARITIES REPORT.

- 4 Not later than 18 months after the date of enactment
- 5 of this Act, and annually thereafter, the Director of the
- 6 Agency for Healthcare Research and Quality shall review
- 7 all research that results from the activities outlined in this
- 8 Act and determine if particular information may be impor-
- 9 tant to the report on health disparities required by section
- 10 903(c)(3) of the Public Health Service Act (42 U.S.C. 299a-
- 11 1(c)(3)).
- 12 SEC. 204. PREVENTIVE HEALTH SERVICES BLOCK GRANT.
- 13 Section 1904(a)(1) of the Public Health Service Act
- 14 (42 U.S.C. 300w-3(a)(1)) is amended by adding at the end
- 15 the following:
- 16 "(H) Activities and community education pro-
- 17 grams designed to address and prevent overweight,
- 18 obesity, and eating disorders through effective pro-
- 19 grams to promote healthy eating, and exercise habits
- 20 and behaviors.".
- 21 SEC. 205. REPORT ON OBESITY RESEARCH.
- 22 (a) In General.—Not later than 1 year after the date
- 23 of enactment of this Act, the Secretary of Health and
- 24 Human Services shall submit to the Committee on Health,
- 25 Education, Labor, and Pensions of the Senate and the Com-

1	mittee on Energy and Commerce of the House of Represent-
2	atives a report on research conducted on causes and health
3	implications of obesity and being overweight.
4	(b) Content.—The report described in subsection (a)
5	shall contain—
6	(1) descriptions on the status of relevant, cur-
7	rent, ongoing research being conducted in the Depart-
8	ment of Health and Human Services including re-
9	search at the National Institutes of Health, the Cen-
10	ters for Disease Control and Prevention, the Agency
11	for Healthcare Research and Quality, the Health Re-
12	sources and Services Administration, and other offices
13	and agencies;
14	(2) information about what these studies have
15	shown regarding the causes of, prevention of, and
16	treatment of, overweight and obesity; and
17	(3) recommendations on further research that is
18	needed, including research among diverse populations,
19	the department's plan for conducting such research,
20	and how current knowledge can be disseminated.
21	SEC. 206. REPORT ON A NATIONAL CAMPAIGN TO CHANGE
22	CHILDREN'S HEALTH BEHAVIORS AND RE-
23	DUCE OBESITY.
24	Section 399Y of the Public Health Service Act (42
25	U.S.C. 280h–2) is amended—

1	(1) by redesignating subsection (b) as subsection
2	(c); and
3	(2) by inserting after subsection (a) the fol-
4	lowing:
5	"(b) Report.—The Secretary shall evaluate the effec-
6	tiveness of the campaign described in subsection (a) in
7	changing children's behaviors and reducing obesity and
8	shall report such results to the Committee on Health, Edu-
9	cation, Labor, and Pensions of the Senate and the Com-
10	mittee on Energy and Commerce of the House of Represent-
11	atives.".

Calendar No. 417

 ${\textstyle {}^{108\text{TH CONGRESS}}_{1\text{ST Session}}} \; \textbf{S.} \; \textbf{1172}$

A BILL

To establish grants to provide health services for improved nutrition, increased physical activity, obesity prevention, and for other purposes.

> NOVEMBER 25, 2003 Reported with an amendment